

The following anaphylaxis drill scenarios can be tailored to your service.

Consider varying the timing of your drill – running drills early in the morning, or late in the day, or during snack times or lunch breaks may help identify different issues.

Scenario A

A child with a known egg, tree nut and sesame allergy comes to you 10 minutes after lunchtime. They have hives on their body and complains of a tight throat. You can hear they have noisy breathing and a hoarse voice. You know that they have an ASCIA Action Plan for Anaphylaxis and an adrenaline device in the office.

Scenario B

A child has been stung by a bee on the playground and has come inside to receive First Aid. They have a rash spreading over their body and they complain of a sore stomach and then begin to vomit. This child has no history of allergies or other medical conditions.

Scenario C

A staff member with known food allergies at your service complains of persistent dizziness and “feeling faint” after a shared lunch in the staff room where they ate a food they had never tried before. You notice they have been coughing since lunch, and their eyes and lips are puffy. They start looking for their asthma puffer when they suddenly slump to the floor.

Scenario D

Part 1: A child has known allergies to peanuts, egg and cow’s milk. The child’s parents have provided the service with a prescribed adrenaline device and prescribed antihistamine, which are both listed on their ASCIA Action Plan for Anaphylaxis. You are on an excursion, and the children have eaten their morning snack. The child complains they have an itchy throat and are not feeling well. You notice they look pale and have puffy lips.

Part 2: After 10 minutes, the child starts to breathe noisily and develops a persistent cough.

Scenario E (for CEC services or schools with Early Learning Centres)

A young child with a known cow’s milk allergy is accidentally served the wrong lunch with a savoury muffin containing cheese. The child suddenly begins to scratch their neck, and you notice hives developing. When you take them from their highchair you notice they become pale and floppy.